

NATIONAL SUICIDE PREVENTION WEEK



September 9-15, 2018

SUICIDE IS THE 2ND LEADING CAUSE OF DEATH AMONG YOUNG PEOPLE AGES 10 TO 24. ¹

#BEAWARE AND KNOW THE WARNING SIGNS

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help immediately!!

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

National Suicide Prevention Lifeline

Talk To Someone Now-1-800-273-TALK (8255)

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.

www.suicidepreventionlifeline.org

and

www.thetrevorproject.org



EDWARD WATERS COLLEGE

Emerging Eminence

September 10-14, 2018

Free and Confidential Screenings

12:30 p.m.-2:30 p.m.

Student Union Building

September 11, 2018

JasmyN Foundation

JASMYN supports and empowers LGBTQ young people by creating safe space, providing health and wholeness services and offering youth development opportunities, while bringing people and resources together to promote equality and human rights.

FACTS:

- LGB youth seriously contemplate suicide at almost three times the rate of heterosexual youth. ²
- LGB youth are almost five times as likely to have attempted suicide compared to heterosexual youth. ²

6:00 p.m.

Hatcher-Stewart, Room 206

September 19, 2018

"It's Real: College Students and Mental Health"

The film is an AFSP-produced documentary featuring the stories of six college students from across the country. It reveals depression and other mental health conditions as they are commonly experienced by young adults, and shows how students can seek help for these conditions and successfully manage them. A 17-minute film, followed by 5-minute expert commentary.

7:00 p.m.

Student Union Building

EWC Counseling Center

904.470.8231 or 904.470.8990

After-Hour

904.514.6769

For more information about a screening or to talk to someone, please call us!

1. CDC, NCIIPC. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. (2010) [2013 Aug. 1]. Available from: www.cdc.gov/ncipc/wisqars.

2. CDC. (2016). Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9-12: Youth Risk Behavior Surveillance. Atlanta, GA: U.S. Department of Health and Human Services.